

Air Force releases draft impact statement for F-22 basing

LANGLEY AIR FORCE BASE, Va.—The Air Force has filed the draft Environmental Impact Statement with the Environmental Protection Agency on the proposed home of the first operational wing of F-22 Raptor aircraft.

The official notice of availability will be published in the Federal Register on April 27, beginning the 45-day public comment period on the draft EIS.

The Air Force has identified Langley Air Force Base, Va., as its preferred location, but four other bases are also being evaluated: Eglin and Tyndall Air Force Base, Fla.; Elmendorf Air Force Base, Alaska; and Mountain Home Air Force Base, Idaho.

While Tyndall is being evaluated as a possible operational F-22 wing, the outcome of that evaluation will not change the fact that Tyndall will be the Air Force's F-22 training wing - continuing a legacy of air superiority. The first F-22s for the training mission are scheduled to arrive here in February 2003.

The draft EIS is part of a two-year analysis process examining the potential environmental impact associated with basing the first operational F-22s. Among the resources analyzed are the natural environment and the human environment.

The F-22 multimission air-superiority fighter is being developed to replace and supplement the aging F-15C Eagle. The proposal for the first F-22 wing includes 72 operational aircraft. The first aircraft is scheduled for delivery in 2004.

A series of public hearings in communities around the five bases and in the vicinity of the training airspace have been scheduled to gather public comment on the draft EIS. Feedback gathered from these meetings will help the Air Force create the final EIS.

Comments may also be submitted in writing to: Brenda Cook, HQ ACC/CEVP, 129 Andrews St., Suite 102, Langley AFB, VA, 23665-2769. Comments may be submitted at any time, but to ensure they are included in the final EIS, they should be postmarked by June 10.

The draft environmental impact statement can be found on the Web at www.cevp.com.

The schedule for the public hearings for Eglin and Tyndall is as follows:

● 6:30 to 9 p.m., May 21, Gulf Coast Community College, Panama City.

● 6:30 to 9 p.m., May 22, University of West Florida, Fort Walton Beach Campus, Fort Walton Beach.



2nd Lt. James Danik

Service with a smile

Staff Sgt. Paul Bradley, 95th Fighter Squadron, signs his new military identification card as Senior Airman Tammy Clere, a customer service representative with the 325th Mission Support Squadron, looks on.

Tyndall blows away Air Force Assistance Fund goal

Local troops give their time and money to make 2001 AFAF campaign a success

Airman 1st Class Russell Crowe
325th Fighter Wing
public affairs

Whether it's training to shoot down enemy fighters or raising money to take care of our own, Tyndall always crushes the competition. And now that the 2001 Air Force Assistance Fund has wrapped up and the final statistics have rolled in, Tyndall has proven that it continues to maintain that tradition.

Team Tyndall raised more than \$74,100 during the month-long event, which ran from Feb. 26 to March 30, raising 84 percent over the base goal of \$40,361. Thanks to the help of airmen here, Air Force

members in need all across the Air Force will be able to benefit from their donations.

"I have to admit I was somewhat in the dark about what the Air Force Assistance Fund was all about until I volunteered to be the installation project officer," said Capt. Gregg Fike, a Test Integration Flight Commander with the Det. 1, 85th Test and Evaluation Squadron and the 2001 Team Tyndall AFAF project officer.

"Little did I know that in the year 2000, Tyndall members and their families received \$290,000 from the Air Force Aid Society in the forms of grants, interest free loans and financial support for community enhancement programs such as

Bundles for Babies and Give Parents a Break, to name a few. Making contributions to the AFAF in my future career will be more than filling out a slip of paper just because it is something I should do. Now I will look forward to March, knowing that once again I will be able to do my part to really help another Air Force member in need."

By raising 184 percent of their goal Tyndall achieved the second highest percentage in the Air Education and Training Command. More importantly though, Tyndall has given back to our fellow Air Force members and families.

"I'm proud of the super job we've done with the AFAF campaign,"

said Brig. Gen. William F. Hodgkins, 325th Fighter Wing commander. "The donations the base has made are so important to those in times of need - if you don't believe it, just ask someone who has received financial help in an emergency situation. I'm very proud about the effort and concern Tyndall has shown in the AFAF campaign - it shows how much we care for our fellow men and women in the profession of arms, both past and present."

The money from Team Tyndall is broken down and distributed to five different helping organizations. This year's cash-pile was broken down as follows: Air Force Indigent Widow's Fund-\$5,501; Air Force

Aid Society-\$56,159.50; Air Force Enlisted Widows' Home Foundation-\$9,029; Lemay Foundation Indigent Widow's Fund-\$3,406; Undesignated-\$13.17.

"I want to express my sincere thanks to all the group and unit key-workers for making this such a successful campaign," Captain Fike added. "I especially want to thank my two assistant installation project officers, 2nd Lt. Suzanne McGowan from the 325th Security Forces Squadron and 1st Lt. Scott Howard from the 325th Training Squadron, as well as everyone that gave of themselves to make someone else's tough times a little easier-thank you."

Alcohol and drug abuse prevention and treatment program available

Courtesy of the
325th Medical Group

Whether associated with the Air Force as an active-duty member, Department of Defense civilian employee, dependent or retiree, most people today are unaware of the services available to them through the Alcohol and Drug Abuse Prevention and Treatment Program. Despite the prevention efforts we make throughout the year, despite the available resources that are at everyone's fingertips, despite the regulations related to alcohol use, the average person continues to use alcohol without having much knowledge of what it does to their system and how it affects their social environment. Hopefully the following information will help clarify these issues.

While our primary concern is the mission of the Air Force, we cannot expect the mission to be accomplished if alcohol or other substances are affecting a member's performance. Therefore, when a person enters the ADAPT Program our first and foremost concern is that person. The philosophy preached in the medical field, and which we believe very strongly in, is that the patient's care comes first. In helping a person alleviate the negative impact of alcohol or drugs on his or her life, we in turn make a positive impact on the overall mission.

According to the AFI 44-121, active-duty members, dependents and retirees are eligible for counseling and treatment following TRICARE guidelines for access. Therefore, the services of the ADAPT Program are eligible to all associated members as authorized

through their selected TRICARE option. According to AFI 36-810, DOD civilian employees are entitled to these services also, or the employee may be referred to an off-base service. Currently, about 95 percent of members who utilize the ADAPT Program services are active duty.

The ADAPT Program offers numerous services and resources to the community. The first of mention is prevention briefings. Simply contact us to establish a date and time for the briefing, the specific information you want covered, and how long we have to cover it. We can brief wings, groups, squadrons, flights, elements, small groups of select persons, retirees, dependents, youth and children. You name it and we'll tailor the information to your needs.

The second service of mention is our resource library. We have more than 175 books, 20 films, numerous handouts, Tyndall and Air Force data, Websites, and other information available for personal prevention, school papers and projects, etc. These resources cover information on the individual substance user, the family members, the work environment, the dynamics of substance abuse, medical aspects and more.

Our third service of mention is the Pro-Bono Prevention Service. If you have concerns about your personal alcohol use, do not want a *mental health* chart or to have your chain of command involved in your affairs, and have not had a

formal alcohol-related incident, then this program is for you. Through this program you are entitled to three informal sessions designed to show where you stand in relation to alcohol use, resources available to you, and recommendations related to education and/or treatment, *with no documentation*. As part of this process you may attend our Substance Awareness Seminar for personal prevention measures.

Our final service of mention is the formal evaluation services. This begins with a formal professional assessment designed to show where you stand in relation to substance use, provide education about available resources and recommend the most appropriate level of care. Levels of care include: 1) return to duty with no follow-up, 2) Substance Awareness Seminar secondary prevention, 3) Outpatient treatment services, and 4) Inpatient services with aftercare follow-up through the ADAPT Program.

As you can see, the ADAPT Program offers a wide range of services which are available to all persons attached to Tyndall AFB. Our hope is that those persons who have problems, or potential problems, will take this information and put it to use by contacting us and initiating services. If you would like to speak to the ADAPT Certified Alcohol and Drug Abuse Counselor, please contact us at 283-7089.



Lisa Carroll

Team Tyndall announces 2001 first quarter award winners

Team Tyndall honored five of its members Thursday at the quarterly awards ceremony. Team members recognized are as follows: Senior Airman Paul Meyer, 2nd Fighter Squadron engine mechanic, Honor Guard Member of the Quarter; Senior Airman Thomas D. Patterson, 2nd Fighter Squadron chief of maintenance, Airman of the Quarter; Tech. Sgt. Carl L. West, NCO Academy flight instructor, NCO of the Quarter; Master Sgt. Alphonso L. Tyson, 325th Medical Operations Squadron, Senior NCO of the Quarter; Captain Dwight D. Minnick, 95th Fighter Squadron maintenance officer, Company Grade Officer of the Quarter.



**Think
before
you
drink.**



Take time with your kids

*A wealth of knowledge
can be found inside the
cover of a book. Take
time to read, listen and
learn with your children
now — they'll thank you
for it in the future.*

Hurricane season is coming

Hurricane season briefing

For spouses of deployed/remote services members

Date: May 12
Time: 11:00 a.m. – noon
Place: Family support center classroom, Building 743
Reason: Family preparation for the hurricane season

For further information, contact: Tech. Sgt. Aundra Christon, family readiness program manager, 283-4856 or Mrs. Anita Pembleton, family life coordinator, 283-4710.



New personnel data system coming soon

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force will begin using a new personnel data system, MilMod, Tuesday.

After more than five years of production, 20 years since the last major system update and nearly \$60 million on production costs, Air Force officials have given the green light to turn on the new system.

The switch to MilMod, which stands for military modernization, replaces the 1970s technology, which will continue as the system of record until June 1.

“We are extending the turn-off date to allow a longer and more graceful transition to the new system,” said Lt. Gen. Donald L. Peterson, Air Force deputy chief of staff for personnel.

The new system will support all “life cycle” personnel management functions from recruiting through job assignment and ultimately separation or retirement, said Lt. Col. Ed Oliver, MilMod program manager at the Air Force Personnel Center here. “It will provide real-time updating and reporting capabilities that are not available in today’s personnel data system.”

All personnel records, including Guard, Reserve and active duty, will be at the AFPC and serviced from the field. It will allow more than 15,000 users real-time access to the Air Force’s personnel database of 1.7 million records and eliminate duplicate data

entry, that under the current system could cause major delays in the completion of a single personnel action.

“Today’s automation technology is being leveraged to improve support at all levels and is the foundation for building a robust integrated personnel system for the total force,” Colonel Oliver said. “We’ve also standardized the support we’re providing to the total force. This will improve system support to the Air National Guard and Air Force Reserve personnel processes.”

In the future, the MilMod system may even enhance the enlisted testing program.

“We believe as MilMod goes online, it will become much easier for us to make needed improvements,” said Chief Master Sgt. Greg Haley, chief of the AFPC’s enlisted promotion and testing branch. “For now, we will continue to look at shortening the wait time between when someone tests for promotion and when they get the results. MilMod will give us instant access to the very latest promotion eligibility status entered into the system by our base-level technicians. We remain optimistic that MilMod is going to do a lot of good over the long haul for the Air Force’s enlisted promotion system.”

For more information, visit the MilMod home page at <http://www.afpc.randolph.af.mil/modern>.



National High Blood Pressure Education Month

Captain Carma J Pauli
325th Medical Group
registered dietitian

If you are one of the 50 million Americans suffering from high blood pressure, or you simply want to eat healthier, consider adopting the DASH diet. Sponsored by the National Institutes for Health, the DASH diet (Dietary Approaches to Stop Hypertension) is an eating pattern clinically proven to lower blood pressure. The DASH diet is easy to follow. It is simply a way of eating that is low in saturated fat and cholesterol and features more servings of fruits, vegetables, grains, nuts, seeds and legumes than animal-based foods. *The Nutrition Clinic offers a Hypertension class that is based on the DASH guidelines. Call 283-7552 for more information.*

- Lifestyle changes for good health
- Adopt the DASH diet
 - Use less salt and reduce sodium

- intake to no more than 2400 mg per day
- Exercise 30-45 minutes per day on most days of the week
 - Lose weight if overweight
 - Limit alcohol to no more than two drinks per day for a man, one for a woman
- Tips for lowering salt consumption (Excess sodium can contribute to high blood pressure and possibly to the formation of kidney stones.)
- Avoid canned and processed foods. Learn to cook from scratch, using grains, fresh fruits and vegetables and dried peas, beans and lentils.
 - Stay away from cured or smoked meats, salted-top crackers, pickles and potato chips.
 - Try other seasonings: herbs, chutney, spices, horseradish, lemon juice, mustard, onions, salsa and hot sauce.
 - Use half the salt called for in recipes.

- Take the salt shaker off the table and replace it with an “herb shaker”.
- Avoid using monosodium glutamate (MSG) and baking soda.
- Taste food before you salt it. You may be surprised at how good some foods taste without salt.
- Taper off: Use just a little less salt than you’d like. Your taste buds will gradually get used to it. Salt is a learned taste and therefore can be unlearned.
- Try salt-free commercial seasonings.
- When shopping, check the nutrition information on packaged foods (or nutrition information posted in the meat and produce departments). Choose foods that provide less than 10 percent of your daily allowance of sodium.
- Beware of hidden sodium. Eggs, dairy products, beets and alcoholic beverages (except wine) are examples of high-sodium foods that don’t taste salty.

Overseas EQUAL list available online

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The newest Enlisted Quarterly Assignment Listing, originally scheduled for release May 8, is now available at military personnel flights and on the Air Force Personnel Center’s World Wide Web home page. This list includes enlisted assignments for overseas jobs opening January through March 2002. Personnel officials recommend assignment preferences be updated by April 30 to ensure the information is in the computer system before assignments are released on or about May 18. EQUAL advertises upcoming assignment requirements by Air Force Specialty Code and rank, and gives people a chance to update their assignment preferences to match

vacancies that need filling in a particular cycle. Members should review, prioritize and list specifically those assignment options available to them on EQUAL. Separate listings for assignments available at overseas locations as well as assignments available for those returning from overseas areas are published quarterly. Special duty assignments appear on EQUAL-Plus and are updated weekly. Military personnel flights and commanders’ support staffs will have copies of the listings and can help people update their preferences. People who are on temporary duty during the advertising period should contact the nearest personnel office for assistance.

Today in History

- 1509** Pope Julius II excommunicates the Italian state of Venice.
- 1565** The first Spanish settlement in the Philippines is established in Cebu City.
- 1773** British Parliament passes the Tea Act.
- 1813** American forces capture York (present-day Toronto), the seat of government in Ontario.
- 1861** President Abraham Lincoln suspends the writ of habeas corpus.
- 1861** West Virginia secedes from Virginia after Virginia secedes from the Union.
- 1863** The Army of the Potomac begins marching on Chancellorsville.
- 1865** The *Sultana*, a steam-powered riverboat, catches fire and burns after one of its boilers explodes. At least 1,238 of the 2,031 passengers—mostly former Union POWs—are killed.
- 1937** German bombers of the Condor Legion devastate Guernica, Spain.
- 1941** The Greek army capitulates to the invading Germans.
- 1950** South Africa passes the Group Areas Act, formally segregating races.
- 1961** The United Kingdom grants Sierra Leone independence.
- 1975** Saigon is encircled by North Vietnamese troops.
- 1978** The Afghanistan revolution begins.

Finance closing early

The 325th Comptroller Squadron will close at noon on Friday, May 11 for an official function.

For emergency finance/budget service, personnel can be reached at pager numbers 283-1465 and 283-1852 or through the command post.



Viewpoint

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	4	-6
Traffic	5	2	-3
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	9	-5

Commander's Corner



Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

This week we are having the F-22 Site Activation Task Force (SATAF) II conference at the conference center. This is the second of a series of F-22 conferences that we will be having every six months until the F-22 arrives here at Tyndall. These conferences have everyone involved with folks from Air Education Training Command headquarters heading the meetings. They will be answering questions, giving information and helping people prepare for the coming of the F-22. I'm sure all of you are excited as I am about the F-22 arriving at our base. The Air Force will reach a new level of air superiority—air dominance, with the arrival of the F-22.

I want to remind everyone that we'll be saying goodbye tonight to **Command Chief Master Sgt. Karl Meyers**, who will be leaving us May 7th. Chief Meyers has been selected as 2nd Air Force Command Chief at Keesler Air Force Base. I want to congratulate Chief Meyers on moving up to the numbered Air Force and thank him for all he's done to take care of Team Tyndall—we are a much stronger team because of his hard work and dedication. He will be greatly missed, but I know Chief Master Sgt. Hodges will continue his great work as 325th Fighter Wing Command Chief.

I also want to congratulate the 2001 first quarter award winners for their accomplishments. These five outstanding Team Tyndall members include: **Senior Airman Thomas D. Patterson**, 2nd Fighter Squadron chief of maintenance, Airman of the Quarter; **Tech. Sgt. Carl L. West**, NCO Academy flight instructor, NCO of the Quarter; **Master Sgt. Alphonso L. Tyson**, 325th Medical Operations Squadron, Senior NCO of the Quarter; **Capt. Dwight D. Minnick**, 95th Fighter Squadron maintenance officer, Company Grade Officer of the Quarter; and **Senior**



Airman Paul Meyer, 2nd Fighter Squadron engine mechanic, who received Honor Guard Member of the Quarter. Great job and keep up the good work!

It's almost that time of year when Team Tyndall will be hosting another Field Training encampment for AFROTC. Starting in mid-May, we will again have an opportunity to support the professional development of future Air Force officers. Between their sophomore and junior years of college, ROTC cadets from all over the nation come to Tyndall to attend a rigorous five-week encampment that entails academic and physical training to help better prepare them as Air Force officers. Tyndall will host two of these encampments starting in mid-May and finishing in early August. Headquarters AFROTC at Maxwell AFB expects to send approximately 360 attendees per encampment to Tyndall. I'm asking everyone to be prepared for showing these young cadets our finest hospitality and to show them how great it can be to be a member of the world's finest Air Force.

Finally, I want to give everyone a heads up for exercise Crown Silver next week. This exercise will prepare everyone for such disasters as hurricanes. We do live in a beach area that has a high risk of being hit by hurricanes and tropical storms, so it's a good idea to learn and prepare for these type of situations. You never know when this type of information will save your life. Everyone, please keep this valuable information in mind and have a great Air Force Week!

Action Line



Lisa Carroll

Volunteers recognized for lifetime achievements

Outstanding volunteers were recognized with lifetime achievement awards at a ceremony Tuesday at Heritage Park. Brig. Gen. William F. Hodgkins, 325th Fighter Wing commander, presented plaques to, from left, Sandy Noragon, Tyndall Officers' Spouses Club; Shirley Coombs, Tyndall Officers' Spouses Club; Larry Avery, American Red Cross; Donna Desporte, family services; Jim Hill, base library.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants

or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

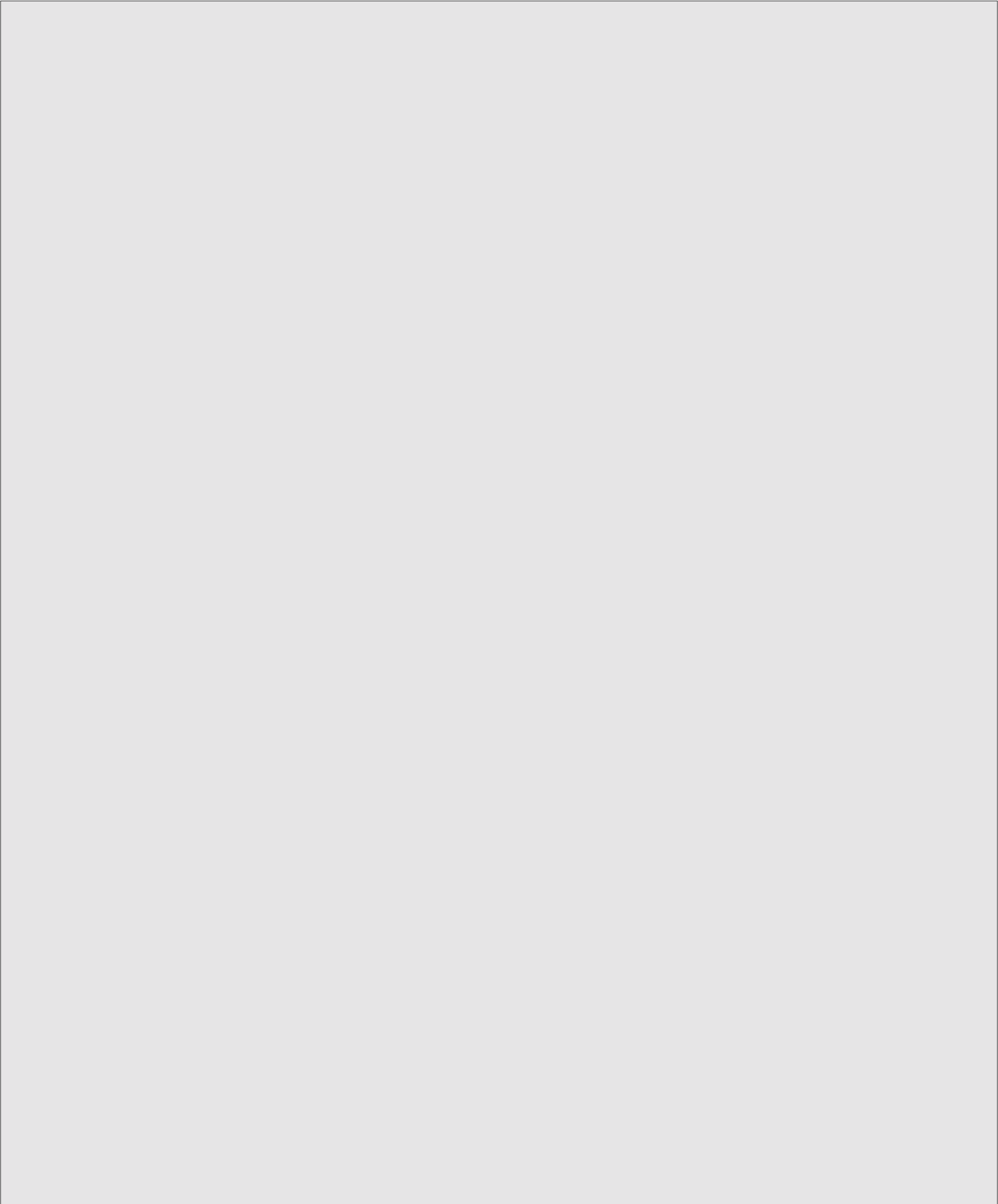
For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Chapel 1: 283-2691
Chapel 2: 283-2925
Other faith groups: Call 283-2925

Catholic
Daily Mass: noon Monday through Friday, Chapel 2
Reconciliation: 4 p.m. Saturday
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday



Parenting tips help us nurture our children

Sheri Ward, MSW
Family Advocacy Outreach manager

Within the past 12 months, 43 percent of American parents reported spanking or hitting their child. About 37 percent reported insulting or swearing at their child, and 2 percent report having kicked, bit or punched their child. More than 3 million children were reported to child protective service agencies as alleged victims of child abuse or neglect in 1998, and approximately 1 million of these reports were confirmed.

The physical and emotional abuse of children yields harmful consequences for society: a growing body of evidence links child abuse and neglect with drug and alcohol abuse, teen pregnancy,

youth violence and chronic health problems. It is therefore critical to focus on preventing child abuse and neglect before it starts. That's what observance of Child Abuse Prevention Month is all about.

Placing an emphasis on positive parenting is an important component to the prevention of child abuse. As a community it is essential that we support parents and families. As parents, we must strive to respect and nurture our children.

Here are a few tips on how to be the best parent you can be:

●**Be a nurturing parent.** Children need to know that they are special and loved. Educate yourself about a child's developmental process so you can have reasonable expectations about what your child can and cannot do.

●**Help yourself.** When the big and little problems of everyday life pile up to the point where you feel overwhelmed and out of control, take a time out. Don't take it out on your child. Take a deep breath and turn on some music. Know where you can turn for help when you need it.

●**If your baby cries...** It can be frustrating to hear your baby cry, especially when nothing you do seems to work. Learn what to do if your baby won't stop crying. **Never shake a baby.**

●**Monitor your child's television and computer use.** Watching violent films on TV or playing violent computer games can harm young children. Not only does it scare them, it also teaches children that aggression is a good way to handle frustration and solve problems.

●**Spend time playing with your children,** or read to them instead!

●**Report suspected abuse or neglect.** Keeping children safe is the responsibility of every adult in our community. If you have reason to believe a child has been, or may be harmed, call (800)962-2873 or (800) 96ABUSE.

Observance of Child Abuse Prevention Month is an appropriate opportunity to remind ourselves of our collective responsibility to prevent the abuse and neglect that robs so many of our society's children of their childhood, their sense of security and well-being and their future. Together, we really can make a difference.

For more information about how to prevent child abuse and neglect, visit www.preventchildabuse.org or call family advocacy at 283-7272.



April is child abuse prevention month



**Thinking about getting out?
Think again!**

Get the facts first.
Call Chief Master Sgt.
Ron Georgia, 325th
Fighter Wing career
assistance adviser at
283-2222 (283-Career
Assistance Advice
An anytime).

Feature

ECSTASY The drug of choice—

2nd Lt. Esmerelda Silvestre
2nd Lt. James Mundt
325th Fighter Wing
staff judge advocate's office

“My actions have not only ruined my career and reputation, but also tarnished my family and burdened my squadron,” said former Airman 1st Class Destinyanne Louey, 325th Maintenance Squadron, who was recently convicted for ecstasy use. This is a sobering quote from someone who made the mistake of trying the drug ecstasy. In the fight to prevent illegal drug use by Air Force members, leaders are continually challenged to keep their people away from drugs and aware of the damaging effects.

The negative results affect the person, their careers, their families and consequently, the mission. This is why it’s very important to make commanders as well as Tyndall personnel aware of what ecstasy is and does. To understand ecstasy, it’s essential to know where ecstasy began, as well as the effects and the risks of purchasing ecstasy.

Ecstasy is a mood-elevating, hallucinogenic compound and sensory enhancement drug. When people refer to ecstasy, they are referring to organic compound 3,4-methylenedioxy-n-methylamphetamine, otherwise known as MDMA. MDMA is the primary chemical in ecstasy and is a derivative of amphetamine, which produces both stimulant and hallucinogenic effects in humans. It is a Schedule One drug under the Controlled Substance Act, which classifies ecstasy with such drugs as cocaine, heroin, and crack. Schedule One drugs are identified as having no medicinal value and cannot be prescribed legally. So, it becomes an expensive little item, running between \$20-\$40 per pill.

Ecstasy is also known as “X”, “E”, Disco Biscuit, Love Drug, Dennis the Menace, Clarity,

Essence and Lover’s Speed. So, where did this controversial and popular new drug come from?

The history of MDMA goes back to the early 1900s. It was first patented and synthesized by E. Merck and Co. in 1914. Most sources agree it was originally intended to be an appetite suppressant. However, MSNBC states that the chemists of the time thought MDMA could be an intermediary drug used to develop other more advanced therapeutic substances. During the Cold War, MDMA was tested at the University of Michigan by the Army for the possibility of it being used as a weapon. MDMA made a grand return in the 1960s, by the psychedelic drug-oriented kids of the time. In the 1970s, some psychiatrists used MDMA to help patients move through psychic trauma and break down communication barriers.

“This drug could be all things to all people,” says biochemist Alexander Shulgin. He’s attributed with the latest resurgence of

MDMA. Shulgin published the first report of ecstasy on humans in 1978. Up to the early 1980s, MDMA was a legal drug due to a loophole that didn’t state anything about completely synthesized drugs. But in 1986, MDMA became officially categorized as an illegal drug under the drug laws. However, people were already “accustomed” to MDMA and many others wanted to try it, so ecstasy became a huge illicit operation.

Today, ecstasy has enjoyed a recent surge at America’s new “rave parties.” Raves are all-night dance marathons, where “ravers” use ecstasy for a variety of reasons, the most common of which is to create a “safe” feeling in a crowd of strangers.

This drug is a roll of the dice every time a user buys it. It is important to be aware that there are many other drugs sold as MDMA. When someone purchases ecstasy, they can never know what is in the product, because anyone can make it with whatever chemicals they like and call it ecstasy. The ecstasy user is usually trying to obtain MDMA, however,

they may end up with something completely different that can cause unwanted effects.

For example, 4-MTA is a potent serotonin releaser and an inhibitor of monoamine, which breaks down serotonin. 4-MTA causes the serotonin to build up in the user’s system and poison the user. This drug has been attributed to deaths all over the world. Because the drug subdues pain, an increased risk of injury may go unnoticed until the effects of the drug wear off. Moreover, an important note to keep in mind is that the “hangover” from ecstasy has been known to last anywhere from days to a few weeks. Ecstasy is definitely a very destructive substance for your body as well as your career.

Despite the idea that ecstasy is the “cool” thing to do, people are often unaware of the not-so-cool effects of this malicious drug. Ecstasy has both physical and psychological effects.

According to *Fact File: Ecstasy*, published by The Bureau For At-Risk Youth, physical



Photos by Catherine Layton

After being court-martialed, punishment can include any combination of reprimand, hard labor without confinement, restriction to Tyndall, forfeiture of pay for three to six months, total forfeiture of pay and allowances, three months to four years confinement and reduction of rank.

—the choice that will end your career

effects of ecstasy include: blurred vision, chills, sweating, faintness, increase in heart rate and blood pressure, involuntary teeth clenching, muscle tension, nausea and rapid eye movement. Other critical physical effects can range from loss of consciousness, seizures and panic attacks to heat stroke, cardiac emergencies and even death. Psychological effects occur as ecstasy penetrates the brain, which activates the serotonin receptors and causes the user to

feel intense happiness. As with many drugs, adverse effects include: anxiety, confusion, depression, sleeping problems and paranoia, which may persist for weeks after use. Depending on the amount of MDMA in the pill, the high can last from two-six hours. However, ecstasy requires frequent users take a higher dose every time they use it. Under the influence of this drug people become more receptive to suggestion, diminishing the ability to make sound

judgments. It becomes easy to want to prolong the MDMA state by taking more and more of the drug or other drugs, beyond what one would judge wise or worthwhile when not under its influence. Article 112a of the Uniform Code of Military Justice bans the use of illegal drugs to all military personnel. Recognizing that good practical guidance laced by common sense often fails, pre-emptive measures must be employed to enforce drug prevention.

According to Brenda Williams, 325th Fighter Wing Demand Reduction program manager, the Air Force currently utilizes two tests to detect drugs, the urine test and the hair analysis.

The first step in the test process is the extraction of a sample. The urine test requires the typical urine sample of 45ml and the costs of the urine test are funded by the lab. The hair analysis, on the other hand, is unique. This test requires hair follicle samples from all over the body in order to get the most hair possible. The hair analysis must be ordered by the member's commander or a military magistrate and is paid with commander's funds. Both tests go through a scientific process which identifies any substance in one's body. These samples are run through gas chromatography/mass spectrometry, an extremely powerful scientific technique. The compound is first passed through a gas chromatograph, which separates the mixture. The compound is then analyzed in a mass spectrometer. The

mass spectrometer gives an image which allows lab personnel to identify one's chemistry. By taking six to eight centimeters in length of hair depending on thickness and speed of growth, lab personnel can obtain up to a year's worth of chemistry from a person.

Until early this year, these tests were being performed only during weekdays, but in the wake of so many cases, Gen. Hal Hornburg, Air Education and Training Command commander, has added random weekend drug

testing to the existing policy. The weekend testing has been put into effect because MDMA can be detected within a 24-72 hour period in a urine test. With the new addition to the policy, officials are hoping members will be discouraged to use drugs, knowing they can be tested on the weekend.

In 1999, Air Force-wide drug investigations showed that 66 out of 826 cases involved ecstasy. However, in 2000, the numbers increased dramatically, 423 out of 1,421 cases were ecstasy-related. This signifies an increase of more than 400 percent from the prior year Air Force wide. Air Force Office of Special Investigations statistics have noted the growth in the popularity of ecstasy, replacing cocaine as the second most frequently identified drug in their investigations. Ecstasy was found to be the most notable drug trend in the Air Force in 2000.

Bringing it closer to home, because of Tyndall's close proximity to Panama City Beach, long considered a "party town", base personnel are continuously confronted with drug availability, especially ecstasy. In 2000, the Tyndall Legal Office prosecuted 12 ecstasy cases. All of the cases resulted in convictions. Sentences in these cases are different combinations of a reprimand, hard labor without confinement, restriction to Tyndall, forfeiture of pay for three-six months, total forfeiture of pay and allowances, three months to four years confinement and reduction of rank. Additionally, 11 of these cases either received a bad conduct discharge or dishonorable discharge. Furthermore, when the member is convicted, the member automatically becomes a felon for the rest of his/her life.

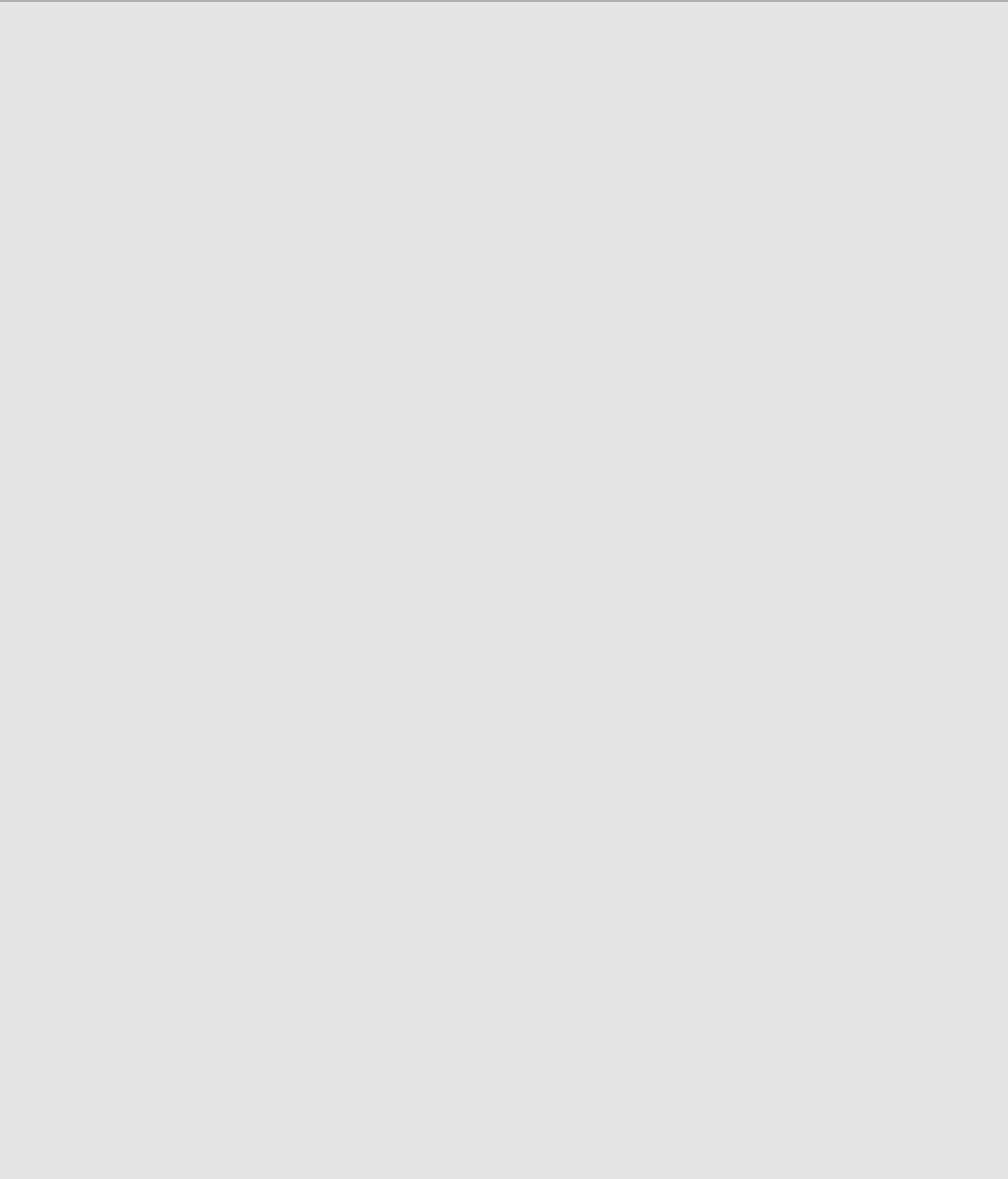
"I was sent to Bay County Jail for my sentence. Since being there, I fear for my safety and my health, and fear being sexually assaulted," said former Airman 1st Class Jennifer Dunne, 325th Maintenance Squadron, who was recently sentenced to four months confinement, reduction to E-1, and bad conduct discharge for ecstasy use.

The Air Force is a zero drug-tolerance organization. Though commanders are responsible for enforcing the policy, it can only work if members are willing to respect themselves by staying away from such destructive drugs. Ecstasy is the drug of choice, but it is also the "choice" that will end your Air Force career and follow you the rest of your life.



Top: The convicted airman is led into the confinement facility on base. Generally, convicts are transferred to a larger facility soon after their sentencing.

Right: Realization sets in soon after incarceration.



Tips help military families handle stress

Kathy Milligan
Family Advocacy Outreach manager

LITTLE ROCK AIR FORCE BASE, Ark. - Significant changes over the last decade in military mission, deployment patterns and personnel issues have brought new challenges and stressors to active-duty members and their families. Family readiness is important, as is a family's ability to positively adapt or effectively deal with stressors inherent in the military lifestyle. Some of the primary stressors associated with military duties and military family life include frequent relocations, family separations, adaptation to danger and adaptation to the military as an institution. Military families share concerns about the impact of stress on their children and often seek ways to help them effectively adapt to and manage these challenges. Children become more resilient and

are able to endure stress when they live in a supportive environment. Research shows that children learn how to cope with stress and life changes when they are emotionally nurtured and encouraged. Military parents can promote a supportive environment in their families by listening carefully and attentively to their children, maintaining hope in the family's ability to cope, finding ways to anticipate stress and learning productive ways to manage it. Some ways military parents can help their children under stress include:

- Demonstrate healthy coping in their own behavior by staying calm, controlling anger and including children in planning processes.
- Be pro-active by telling children about pending relocations, TDY assignments, deployments and schedule changes.
- Plan activities that help children express their feelings like arts and crafts, writing and reading.

- Develop children's thinking skills — ask open-ended questions about solutions to problems such as, "How can we stay in touch while I'm gone?"
- Find time to talk about stressful events.
- Let children know it's OK to feel angry, sad, scared or some other emotion. Give names for children's feelings and words to help them express them.
- Maintain clear, consistent rules and expectations even when changes and stress occur. Be firm, yet caring and warm.
- Provide ways for children to contribute to the family in meaningful ways.

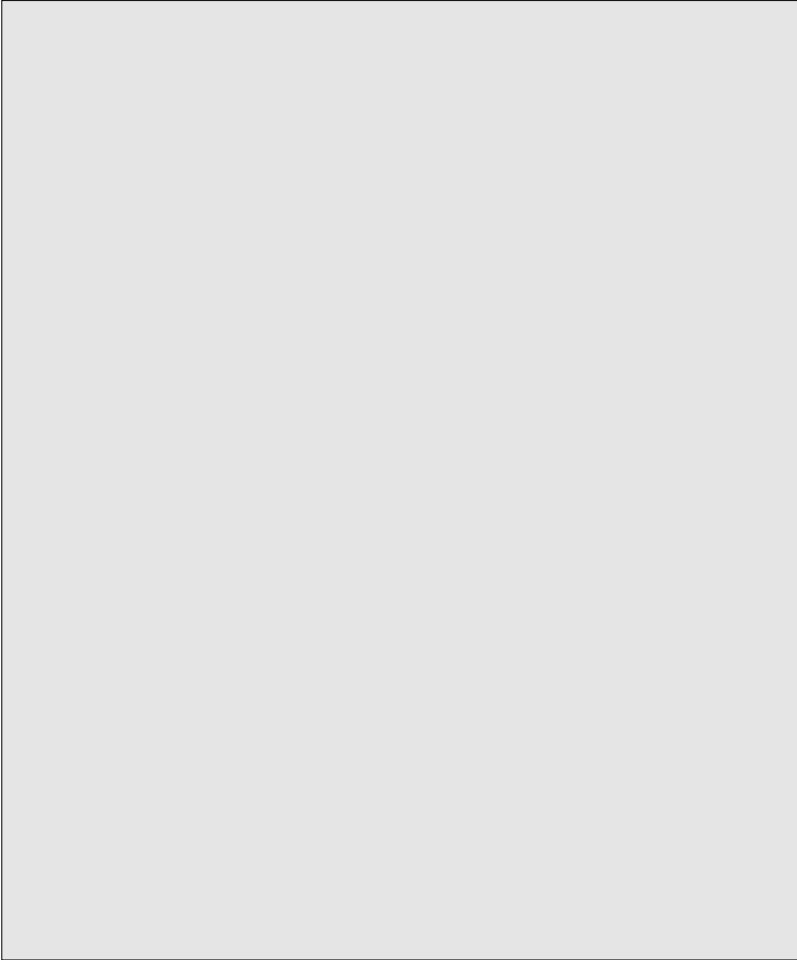
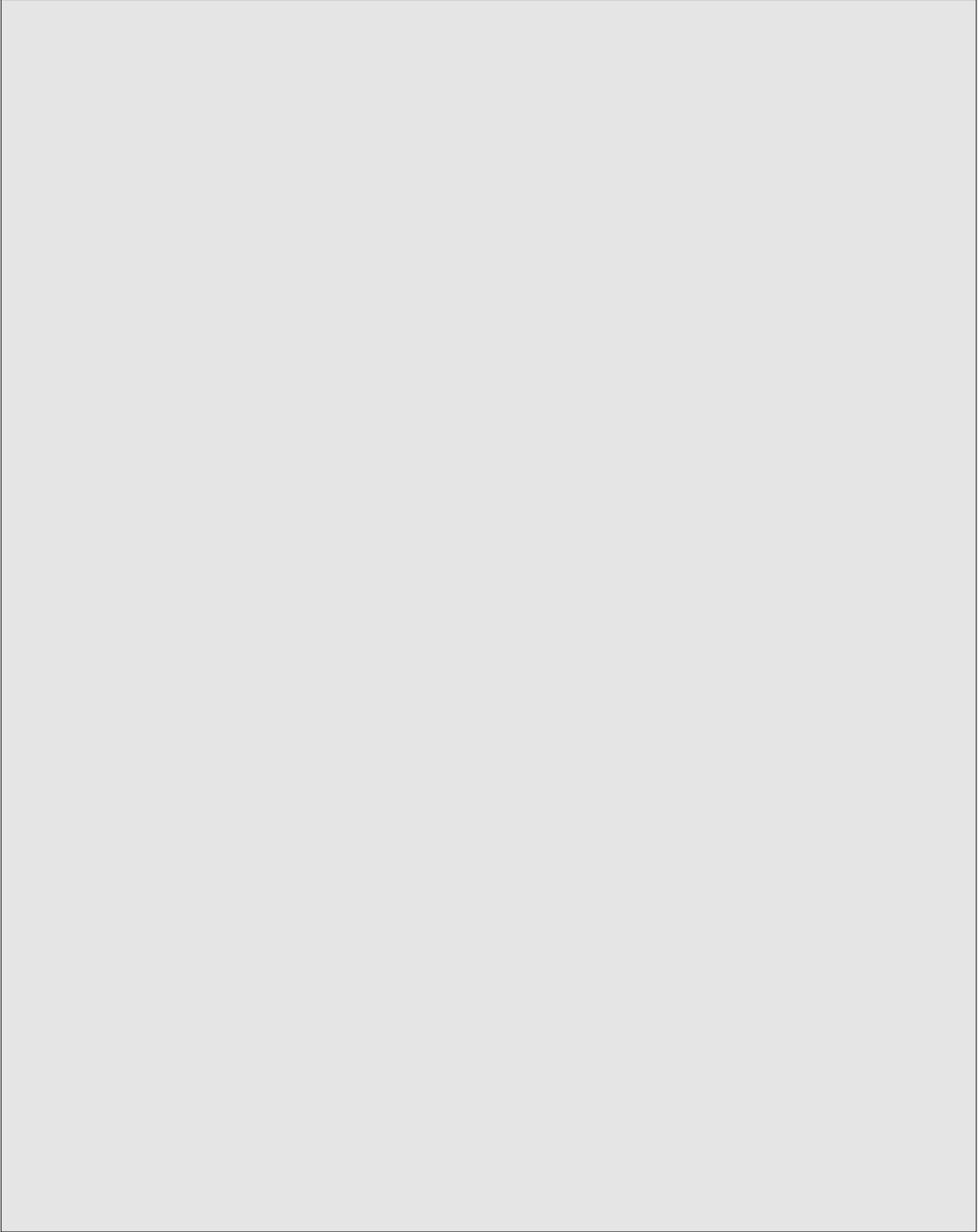
Children can thrive and grow through the stressful situations military families face when their parents pay attention to them and become genuinely concerned. As a military parent, promote a supportive family environment by listening carefully and being attentive.

Local airman makes a difference at work and during off-hours

2nd Lt. Jon Cartwright
325th Fighter Wing public affairs

Airman 1st Class Melissa Lawson, 325th Aeromedical Dental Squadron public health apprentice technician, has dedicated herself to making a difference both on and off duty. Volunteering is not something new to her. Before she joined the Air Force a year and a half ago, she worked at a nursing home taking care of the elderly and volunteered at her hometown hospital working with kids as they went through physical therapy. Now that she's on active-duty, Airman Lawson keeps right on giving her time and talents to a variety of worthy causes. As a member of the Tyndall Active Airmen's Association, she briefs troops at the First Term Airmen Center on how to protect themselves from communicable diseases and local health threats in the Panhandle such as rabies, mosquitoes and ticks. "I love to be involved with different things and feel like I'm making a difference," she said. Her contributions don't go unnoticed. Her supervisor, Tech. Sgt. Debra Santos, points out how helpful she is with clothing drives and the Habitat for Humanity program. Sergeant Santos adds, "We have high expectations and guide the younger troops so they

will fulfill their full potential. Airman Lawson is doing a great job." As a member of the Tyndall Honor Guard she must have standards of conduct and a level of professionalism that are above reproach. Not only does she represent Tyndall, but all who have worn the uniform past and present. "I enjoy performing for retirees and meeting different people. The thanks and pride displayed by the retirees gives me great feeling. It's all worth it when I see a smile on someone's face," Airman Lawson said. She also strives to take care of her own. As a member of Airmen Against Drunk Driving she is on-call to provide rides home to airmen who need them. If you get caught drinking and driving you could end up in jail and destroy your career. If you get into an accident you may kill yourself or someone else. This is a perfect example of why Airman Lawson volunteers for this program. "I had seen enough people in the dorms get in trouble due to lack of responsibility with alcohol and it was time to help change that. Having reaped the benefits of giving back to her community, Airman Lawson realizes how gratifying it can be. "Any type of volunteer work is great," she said. "It's great when people get out, help the community and contribute to society."



**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

APRIL

FRI
27

GCCC registration

Registration for Gulf Coast Community College's summer A semester will continue today through May 4 at the college. Summer B registration will be June 13-15. Fall registration dates at GCCC will be July 9-20 and Aug. 15-17. For more information, call the education center, 283-4332.

Christian family life retreat

Registration for an ecumenical Christian family life retreat will continue today through May 7. The retreat, hosted by Air Education and Training Command and the Air Force Materiel Command Chaplain's Offices, will be June 25-29 in New Braunfels, Texas and is open to all Air Force personnel. Registration fees are based on room occupancy and include meals, seminars and on-site recreation. Forms are available in Chapel 2. For more information, call Chaplain Eliezer Castanon, 283-2925.

SAT
28

Free CPR classes

Free two-hour cardiopulmonary resuscitation classes will be 8 a.m.-1 p.m. Saturday at Gulf Coast Community College's Student Union Conference Center. Classes start every hour. For more information, call 872-3823.

WalkAmerica 2001

The March of Dimes "WalkAmerica 2001" walking event will be Saturday at McKenzie Park. The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects and infant mortality. For more information, visit the following web sites: www.modimes.org and www.nacersano.org.

MON
30

Parking lot closure

The driver suspended revocation parking lot located next to the Tyndall Drive main gate will be permanently closed effective Monday. A new driver suspended revocation parking lot will be located at the Illinois Avenue main gate next to the base theater. The relocation is necessary due to construction of the F-22 flight simulator training facility. For more information, call security forces, 283-2527 or 283-2254.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

MAY

TUE
1

Boating safety class

The Coast Guard Auxiliary Flotilla 19 sailing fundamentals class will continue 7-9 p.m. Tuesday in the auxiliary classroom next to the Coast Guard station. The eight-session sailing course will meet Tuesday and Thursday evenings through May 10. There is no cost for the course, but a \$25

material charge is necessary for the book and study guide. For more information and a course schedule, call 215-2025 or 769-1896.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

WED
2

Inprocessing changes

Effective immediately, base inprocessing will now be held on Wednesdays and Fridays. New members will be scheduled for inprocessing through the Military Personnel Flight intro manager. Newcomers must arrive at MPF customer service for sign-up verification at 7:30 a.m. Base inprocessing will start promptly at 7:45 a.m. Newcomers must bring 10 copies of their PCS orders. For more information, call the base intro manager, 283-2276 or 283-2242.

THU
3

Anti-terrorism briefings

Mandatory Air Force Level One anti-terrorism briefings conducted by the Air Force Office of Special Investigations will be 8 a.m. the first and third Thursday of each month in Building 656 next door to the security forces building. The briefings will last approximately 30 minutes and are for Air Force members with permanent change of station or temporary duty assignments to overseas locations. For more information, call AFOSI Detachment 419 Counterintelligence Program Manager, Special Agent Doug Hartwell, 283-3261 or 283-3262.

SAT
5

Chiefs' golf tournament

The Annual Tyndall Chiefs' Group Golf Tournament will be 7:30 a.m. May 5 at the Pelican Point Golf Course. Everyone is welcome to participate. The cost for the event is \$40 for non-golf course members and \$30 for members. This price includes the round, cart, entry fee and meal. To sign up, see any chief master sergeant. For more information, call Chief Master Sgt. Julio Morelos, 283-6306, or call the golf course, 286-2565.

NOTES

School physical examinations

The pediatric clinic is now scheduling school physical examinations for pediatric enrollees requiring exams for the start of the fall 2001 school year. The clinic encourages everyone to take advantage of the opportunity to make spring and early-summer appointments to avoid the school rush. To make an appointment, call 283-2778.

GCCC student worker openings

Gulf Coast Community College's Tyndall office now has openings for student workers. For more information, stop by Room 45A in the education center or call 283-4332.

Apalachicola tour of homes

The 10th Annual Apalachicola Tour of Historic Homes will be May 5 in Apalachicola's historic district. For information

on registration, call tour coordinator Anne Knight, (850) 653-4662, or the Apalachicola Chamber of Commerce, (850) 653-9419.

Managed care relocation

The 325th Medical Group Managed Care office has relocated from Building 1406 to the first floor of the main clinic building, near ambulance services.

RETIREE NEWS

Retiree news e-mail service

It is now easier to subscribe to The Air Force Retiree news service. The intent of this service is to help inform members of the retiree community about legislation, policies and other matters affecting their rights, benefits and obligations. Articles transmitted through this service will be official Department of Defense information unless information from outside agencies is deemed by the Retiree Services Branch staff to be appropriate and important to the retiree community. Links may be provided to other Internet sites for additional information. Such links are for informational purposes only and are in no way intended to promote or endorse the products or services offered by the host site. To get the free service, log on to: www.afpc.randolph.af.mil/lists.htm and follow the directions for AFRetire—Air Force retiree news.

Identity theft

With advances in technology, identity theft is on the rise and causing problems for thousands of individuals, members of the retiree community included. According to the Air Force Office of Special Investigations officials and civilian law enforcement officials, the threat exists, and everyone needs to be aware of how disastrous the results could be.

Identity theft occurs when someone gains key pieces of information about another person for the purpose of establishing a line of credit. Although Social Security Numbers were originally intended to be used for record-keeping purposes by the Social Security Board only, over time and with the penetration of computers into everyday life, SS Numbers have become widely used.

With your SS Number and a few other key facts, an imposter can assume your identity. It is important to take the following steps to safeguard personal information, including your SS Number: Shred pre-approved credit card applications, credit card receipts, bills and other financial information. Keep Social Security cards in a safe place—don't carry them around in a wallet. Although it may be necessary to give numbers to some business and government agencies, like employers, banks and the Internal Revenue Service, be careful about giving SS Numbers to others. Businesses or other agencies are not required to give service if someone refuses to give a SS Number. Use Social Security Numbers only to conduct necessary business, and if there is good reason to suspect the misuse of a SS Number, report it to Social Security's fraud hotline, (800) 269-0271.

YARD SALES

The following yard sales are scheduled for Saturday: 3156-A Tiger St., 3158-A Tiger St., 3688-A Kissing Loop, 2753-B Eagle Drive, 2933-A Bomarc St., 2913-A Beacon Beach Rd. and 2985-B Starfighter Ave. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Say It Isn't So" (R, strong sexual content, crude humor and language, 95 min.)

Saturday: 6 p.m.—"Silence of the Lambs" (R, 125 min.)

8:30 p.m.—"Hannibal" (R, strong, gruesome violence, some nudity and language, 131 min.) No admission passes will be accepted; \$5 admission fee.


Sunday: "The Mexican" (R, violence and language, 123 min.)

Thursday: "The Mexican"

All movies start at 7 p.m. except Sunday, which is 6 p.m.

Dental Assisting Program

The 325th Dental Flight continues to accept applications for the American Red Cross sponsored volunteer dental assistant training program. Up to five applicants will be chosen for the comprehensive six-month, hands-on training course. For more information on the program, call Tech. Sgt. Richard Cotterman at 283-7590.



Tyndall hosts international students

2nd Lt. Jon Cartwright
*325th Fighter Wing
public affairs*

Have you stood in line at a base commissary lately and noticed a uniform you didn't recognize? It's possible you saw a student in the International Air Weapons and Controller Course offered by the 325th Training Squadron. The class is offered quarterly, with about 12 students in each session. This year, 92 international students will be trained—over three times the number trained two years ago. About 130 students are expected to complete the course in 2002. Already, 48 countries have been represented at the IAWCC.

The 40-day course covers flight theory, radar technology, meteorology, airborne systems and employment and many more subjects dealing with weapons and control systems. The students' training also includes informational program tours. These trips are funded by the State Department and provide sociological, cultural and governmental exposure to the students, giving the

students a greater understanding of our culture and people. The present class will travel to Pensacola, Tallahassee, Wakulla Springs, Atlanta and New Orleans. The current class started on April 10 and will graduate on June 29. Students attending this quarter are Maj. Slavcho Angelov of the Bulgarian Air Force, Maj. Joong Hee Kim and Capt. Jang-Seok Lim of the Korean Air Force, Maj. Vinko Lubej, Capt. Martin Zupancic, and Lt. Ales Lazar of the Slovenian Air Force, Capt. Peter Vacha of the Slovakian Air Force, Capt. Ignacio Morales-Aguilar of the Mexican Air Force, and Capt. Chris Anastasiadis and Lt. George Zervas of the Greek Air Force. If you have a chance to talk with these foreign officers it's a great opportunity to chat with some of our allies. If you haven't learned the ranking system of all the foreign militaries, the students are wearing USAF rank insignias on the right or left side of their chest, so protocol can be observed.

Spotlight

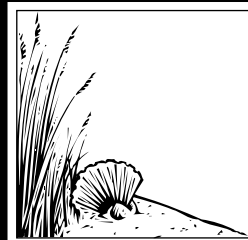


2nd Lt. James Danik

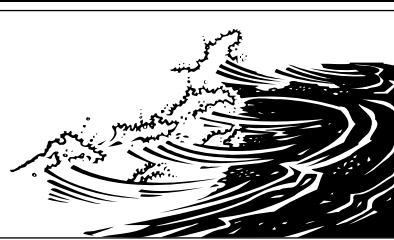
Staff Sgt. Kendra McManious and daughters Darrian, 8, and Sydney, 6.

Job Title: 83rd Fighter Wing munitions controller
Why you joined the Air Force: To help my country and travel.
Years in Air Force: 10.5 years.
Hometown: New London, Conn.
Time at Tyndall: 3.5 years.
Greatest aspect of your job: I enjoy working with the missiles and bombs.
Short-term goals: To get my children to get along with each other.
Long-term goals: To retire and get my children in college.
Favorite book: "The Bible"
Favorite movie: "Willy Wonka and the Chocolate Factory"
Hobbies and activities: Running, playing volleyball and taking care of my children.





Funshine NEWS



April 27, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

Lodging NAF Property Sale

May 3, 1-3 p.m. at Bldg. 1138
(Next to K9 Unit)
Call 283-4210 for more information.

Youth Center

☎ 286-4366

Tennis 1-2-3

■ **3-5 yr. olds.** May 8, 10, 15, 17, 22, 24 at 4 p.m. Cost is \$25 (includes t-shirt).

■ **6-7 yr olds.** May 9, 11, 16, 18, 23, 25 at 4 p.m. Cost is \$20 for members & \$30 for nonmembers (includes t-shirt).

Baseball Skills

Sign up today for Diamond Skills! Youngsters ages 7-14. Showcase your skills at batting, fielding, throwing, and base running on May 5 at 10 a.m. Need to fill out official form from Youth Center by May 4.

Bonita Bay

☎ 286-3199

Improved Customer Service!

The reservation policy is on a first come basis. This will allow squadron's ample time to make plans far enough in advance to support their unit functions.

Bike the St. Marks Trail

May 5, Cost per person \$5
Participants have the option of riding the Rails to Trails 16 mile route or the Munson Trail in Tallahassee.

Kayak Lessons

May 20, 10 a.m., Cost per person \$30

Base Pool Opening

The pool is scheduled to open May 19. Open swim will be: Wed.-Sun., 11:30 a.m.-6:30 p.m.

Have Your Party at...

Pool parties may now be scheduled for the summer at a cost of \$30 per hour. They may be held Tues.-Sun. from 7-11 p.m.

CAC Pizza Pub

☎ 283-3222

Catch the Baseball Action

All of the Pro-Major league baseball games will be here from April 1 to Sept. 30. (Local black out rules apply). Food specials during the games will include: \$2 beer pitchers and large single topping pizzas for \$8.95. Drawings and giveaways will also be going on. Stop by and check it out!

Community Activities Ctr.

☎ 283-2495

Summer Hours of Operation:
(Effective May 1)

Tue-Thu 7:30 a.m.-6 p.m.

Fri 7:30 a.m.-5 p.m.

Sat 11 a.m.-6 p.m.

Sun & Mon Closed

This time change will not affect our instructional classes.

Belly Dance Classes

Both start May 3. Sign up by May 2.
Beginners Class: 6:30-7:30 p.m., \$30 per person for 4 weeks. Advanced Class: 7:30-8:30 p.m., \$30 per person for 4 weeks.

Modern Jazz Dance Classes

Both start May 5: Youth 6-12 year old: 11 a.m.-noon, \$20 per person for 4 weeks. Adults Class: noon-1 p.m., \$20 per person for 4 weeks.

Information, Tickets & Tours

☎ 283-2499

Tallahassee, Florida Shopping Special

May 12. Cost per person is \$10. Visit both malls and shop til you drop. Departs 7 a.m. Returns 5 p.m.

2nd Annual Bicycle Tour to Wakulla Springs, Florida

May 15. Cost per person is \$5. Bicycles will be provided for the first 5 people to sign up. A pre-trip meeting will be held on May 14 at 4 p.m.

Officers' Club

☎ 283-4357

Ladies Night

Thurs., 6:30-8:30 p.m. 1/2 price drinks.

Oh Shucks!

Fridays, 4:30 p.m. It's oyster eating time in Checkers. \$3.50 per dozen.

Ribs

Every Thursday, \$5
Mouth watering Jack Daniels baby back ribs.

Breakfast Buffet

Monday through Friday - \$2.95
Featuring: Scrambled Eggs, Hash Browns, Bacon, Sausage, Cold Cereal, Juice, Toast, Fresh Fruit, Coffee, Tea or Milk.

Family Fun & Games Night

May 10, In the Bayview, 5:30 p.m.
Ribs, Chicken Tenders, Macaroni & Cheese, Hotdogs. Adults \$5.95, Kids 5-12 \$2.95
Co-hosted by the Officers Spouses' Club.

Enlisted Club

☎ 283-4146

Lunch Buffets

Mon. - Thurs. \$4.95, Fri. \$6.95

Mondays - Changes Weekly

Tuesdays - All you can eat Sirloin Steak

Wednesdays - Meat & Potatoes

Thursdays - Country Cookin' Buffet

Fridays - Seafood w/ Spiced Shrimp

Happenings In the Zone

■ Fridays:

Marvelous Marvin: 5 p.m. - 1 a.m.

■ Saturdays:

Robert Wright: 8 p.m. - midnight

Happy Birthday

Members, stop by the office and pick up your birthday month coupon.

Country Fried Steak Buffet

Thursday Evenings
\$3.50 adults, \$2.50 children

Prime Rib Buffet

Every Saturday. \$12.95 per person

Marina Club

☎ 283-3059

Spanish Mackerel Tournery

April 28, Begins at 7 a.m., scales close at 3:30 p.m. Entry fee is \$20 per boat.

Evening Dining

The Marina Grill is now open in the evening Tues.-Sat. 6-8 p.m. offering our full menu and weekly specials. All ranks. Membership not required for grill.

Pontoon Boat Rental

Call for prices and more information.

Skeet & Trap Range

☎ 283-3855

Change in Operating Hours

The range will be open: Tues., Sat., and Sun. starting June 2, 9 a.m. til 1 p.m.

Sealed Bids

May 1, 5, 6, 8, 12, 13, 15
Customers will be able to bid on selected items. This will be a sealed bid system. Participants must put their name, address, phone numbers, amount of bid and item number on their form. Items sold "as is".

All Ranks at the Officers' Club

Mother's Day "Champagne" Brunch

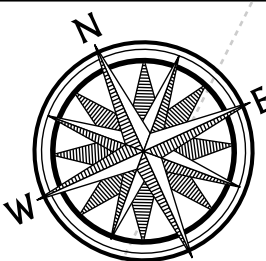
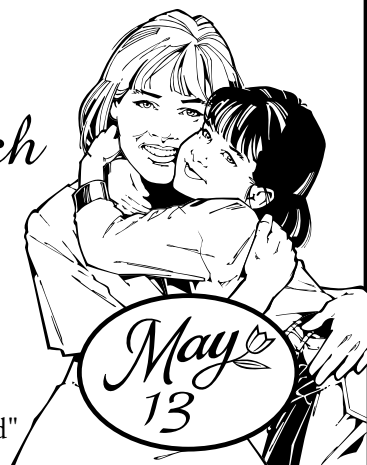
"A Flower for All Our Moms"

Seatings at 11 a.m. & 1:15 p.m.

Featuring: Steamship Round, Baked Virginia Ham, Tom Turkey, Assorted Vegetables, Omelet Station, Fruit, Juices and Holiday Desserts.

Adults \$10.95 • Children 5-12 \$5.95,

Children under 5 Free "Reservations Required"



Travel Expedition 2001

Tyndall AFB, Florida

Information, Tickets, and Tours will be presenting various vendors of vacation opportunities:

April 27, 2001 • 10 a.m.-2 p.m.

At the Community Activities Center

**Amusement Parks • Motels • Dinner Theaters
Casinos and more will be represented at this show.**

For more information call ITT at 283-2499

Sports & Fitness



Steve Wallace

Chiefs pluck Eagles

The chiefs added another eagle feather to their headdress when they trounced the Eagles 23-3 in the annual Chiefs vs. Eagles softball game Tuesday. Chief's team captain Karl Meyers shakes hands after the game with Eagle team captain William Bledsoe while teammate Worth Carter looks on.

Warrior Run endures

2nd Lt. Jon Cartwright
*325th Fighter Wing
public affairs*

The motorcycle pad was teeming with airmen Thursday as members of the support group prepared for the Warrior Run. The group, consisting of members from mission support, communications, services, civil engineering and security forces squadrons, rotate the duties of leading and planning the monthly event.

After properly stretching, the group performed several exercises including sit-ups, push-ups, and jumping jacks led by Jacob Salmond, CES environmental engineer. The squadrons perform the exercises while in standard Air Force elements with guidons. The flight of walkers was given the lead as the squadrons formed up for the run.

The Warrior Run was established in September 1999 by Col. Worth Carter and is roughly three miles long. Colonel Carter has been increasing the distance in small increments as his airmen improve their physical fitness and endurance.

"I'm one of the oldest guys out here and to go from not running at all to now running three miles, three time a week, I'm just thankful. This has been great motivation," said Homer Stevens, mission systems flight superintendent.

The run was conducted with safety in mind. A fire truck had the lead with two security forces escorts on bikes. Tables were set up with giant water coolers and cups to ensure all runners stayed

properly hydrated. So why run? Registered exercise physiologist Chris J. Dunn states that more than 2,600 Americans die each day of cardiovascular disease, an average of one death every 33 seconds. Heart disease remains the leading cause of death in this country claiming more lives than the next seven causes of death combined. Americans need to understand the importance physical activity plays in the treatment and prevention of heart disease.

"I support fitness because it improves the well-being and quality of a person's life. We have been increasing the duration of our runs to improve our performance and most of all to make us better warriors. In today's Expeditionary Air Force we cannot afford to have people that are out of shape or incapable of pulling their own weight. Running is a fundamental aerobic exercise, and the Support Group will continue to incorporate it. However, if running isn't for you, choose an activity that you enjoy, set realistic goals, don't get discouraged and most of all have fun," said Colonel Carter.



Volleyball standings

	W	L
Large squadron		
OSS 1	8	0
CONR 1	7	1
MDG	7	2
OSS 2	7	2
TRS 1	5	2
COMM 1	7	3
1FS	6	4
MSS	6	5
CES	3	5
SEADS 1	4	7
SEADS 2	3	7
CONR 2	3	8
TRS 2	1	8
95 FS	1	6
COMM 2	1	9
Small squadron		
81 TSS	10	0
AFCESA	9	1
NCOA	6	2
TEST	6	4
RHS	5	5
MXS	3	7
372 TRS	2	7
83 FWS	1	8
SVS	1	9

Intramural golf standings

	Total points	Makeup Games
Large squadron		
MSS 1	29	1
MDG	24	
CES	23	2
COMM	19	1
OSS	18.5	
CONR 2	18	1
CONR 1	18	
TRS	13.5	1
95FS	12.5	
SEADS	7	1
CONR 3	6	
MSS2	3.5	1
Small squadron		
MXS	35.5	
AFCESA	26	
SVS	24.5	
85TS	24	
362TRS	22.5	
LSS	17.5	
83FWS	15	
372TRS	3	

NCO Academy instructor takes a big STEP

Master Sgt. Brian K. Howard
NCO Academy unit public affairs representative

When the Tyndall NCO Academy’s NCO of the Year nominee, Tech. Sgt. Carol Robertson, left Tyndall to attend the 2nd Annual College for Enlisted Professional Military Education Awards Banquet at Maxwell-Gunter, Alabama, she was a technical sergeant with no idea of how her life would change. And change it did, to the tune of being STEP promoted to master sergeant as the Commander of Air University, Lt. Gen. Lance Lord, officiated the announcement and pinning-on ceremony.

In explaining his own elation over Sergeant Robertson’s promotion, Chief Master Sgt. Anderson Edwards, Tyndall NCO Academy commandant, said, “There just isn’t a more exciting moment than to see Sergeant Robertson being STEP promoted, especially to have this occur at the CEPME Annual Awards Banquet with the Three Star, General Lord, giving out the stripes. Sergeant Robertson is most deserving of this promotion; she has been masquerading as a master sergeant for some time. Now she’s the real deal!”

A master educator, Sergeant Robertson developed three new communication skills lesson plans, two formative exercises and a student guide, saving 40 hours of curriculum development for enlisted PME curriculum developers, and allowed validation to begin six months early. She has many accomplishments to her credit, including being a distinguished graduate from the Kisling NCO Academy, the College of Enlisted PME NCO of the Quarter, and Headquarters Air Education and Training Command PME Instructor of the year for 1999.

\$10,000 top prize in scholarship golf tournament

Tech. Sgt. Michael A. Ward
Civil Engineer Support Agency public affairs

Hitting a hole-in-one while helping high school seniors go to college could net a golfer \$10,000 during the Society of American Military Engineers’ 16th Annual Scholarship Golf Tournament, May 25 at the Pelican Point Golf Course at Tyndall.

Proceeds raised during the tournament are used to provide \$2,500 in scholarships to Bay County high school students interested in engineering, math or science careers.

The tournament has always offered prizes, but tournament organizers raised the bar this year by offering the \$10,000 prize for a hole-in-one on hole 15.

“People participate because it’s a very worthy cause,” said Col.

Michael Cook, president of SAME’s Panama City post, “but we wanted to give people something to really shoot for this year.” In addition to the \$10,000, Colonel Cook said many more course incentives and door prizes will be available, including a set of metal woods to the person hitting closest to the hole on hole 9.

The tournament begins at noon with a shotgun start. It is open to everyone, but is limited to 130 people. The entry fee is \$35 for members and \$45 for non-members. The fee includes green fees, golf cart rental, range balls and cheeseburgers after the tournament. Fifteen dollars from each entry fee goes toward the scholarship drive. For more information or to register for the tournament, call Colonel Cook at 283-6342.



Tech. Sgt. Michael A. Ward

All eyes are on the ball as Col. Bruce Barthold, Air Force Civil Engineer Support Agency commander, putts during last year’s Society of American Military Engineers’ scholarship golf tournament.



Bowl a few frames at Raptor Lanes

Monday-Wednesday: 10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

Team Tyndall Pride



Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.